

**Abstract of the Disclosure**

A system and method for measuring the fly height of a head flying over a surface of a disc. The system includes a thermal source and a thermal detector. The system further includes a sensing device for determining the fly height of the head over the disc based on the temperature of the thermal detector. The method includes the steps of  
5 energizing the thermal source, measuring the temperature of the thermal detector, and calculating the fly height based on the measured temperature.

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